

How Slime Can Promote Mindfulness and Grounding



Making slime has always been known as a fun activity for kids, but many people are unaware that slime has therapeutic value! Playing with slime can actually promote mindfulness. The APA Dictionary of Psychology, Second Edition defines mindfulness as “awareness of one’s internal states and surroundings in which a person focuses attention on his or her breathing and thoughts, feelings, and sensations are experienced freely as they arise.” Slime provides tactile sensation that helps children become more present in the moment. While playing with slime, children are encouraged to think about their senses (touch, hearing, sight, and smell). Focusing on the senses of the body helps foster relaxation and grounding.

If you’re facilitating making slime for mindfulness, there are a few things to consider! First, encourage your participants to focus on their breathing while playing with the slime. This can help children stay in the present moment and slow down. Second, ask your participants questions that promote mindfulness. These questions can include, “what does the slime feel like?” or “what senses are you using to play with the slime?” These prompts help children stay focus on what is happening in the present moment, which in return will promote calmness and relaxation. Lastly, if you are incorporated scent into your slime, be sure to pick essential oils that are safe for the skin!

What you need:

- 1 cup of non-toxic glue (we recommend Elmer’s White Glue)
- 3 cups of shaving cream
- 5 tbsp of contact solution (Must contain boric acid! We recommend Equate or Renu fresh.)
- Food coloring (optional)
- Essential Oils (Must be safe for skin, optional)
- Glitter (optional)

Note: These measurements are estimates. Measurements can vary depending on the texture you want!

Steps:

1. Add glue to bowl. If color is desired, put a few drops of food coloring in your glue and stir it.
2. Add shaving cream to glue mixture. This will help the glue become fluffy!
3. Add contact solution. Contact solution gives slime the texture it is known for! Add contact solution in small increments until it is the desired texture.

Safety Notes: Slime should never be ingested! If you are unsure how your child’s skin will react to any of these products, we recommend using gloves.